

# Menus For May 2025

Henry County  
High Schools



This institution is an equal opportunity provider.  
Menus are subject to change

## Available Daily

### Breakfast (in blue):

Assorted Cereal  
Fresh Apples & Oranges  
100% Fruit Juice  
Choice of Low Fat Milk

### Lunch:

Fresh Apples & Oranges  
Stuffed Crust Pizza  
Chicken Wrap  
Choice of Low Fat Milk

\*Pork products listed in pink.



2024-2025: School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.40	\$2.65
Students Grades 6-12	\$1.40	\$2.75
Student Reduced-Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.50	\$4.00
MILK ONLY	\$0.50	\$0.50
Adult Meals	\$2.50	\$4.00

## Featured Specials of the Day

### Thursday, May 1

Blueberry Mini Pancakes, Powdered Donuts, WG Muffin w/ Yogurt, 1.Cheeseburger Sack Lunch 2.PBJ/Wow Sandwich w/ Chips, 3. Stuffed Crust Pizza, Carrot Sticks w/ Ranch, Banana

### Friday, May 2

Chicken Biscuit, Frosted Breakfast Pastry, 1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

### Monday, May 5

Sausage Biscuit, Chicken Biscuit, 1.Crispitos 2.PBJ/Wow Sandwich w/ Chips, 3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Watermelon Chunks

### Tuesday, May 6

WG Muffin w/ Yogurt, Cheese Grits w/ Toast, Breakfast Bun 1.Spicy Chicken Sandwich 2.Deli Turkey Sandwich 3. PBJ/Wow Sandwich w/ Chips, 4.Garden Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch, Fresh Strawberries

### Wednesday, May 7

Sausage Biscuit, Mini Strawberry Bagels w/ Cream Cheese, 1.Ravioli w/ Roll 2.PBJ/Wow Sandwich w/ Chips 3. Chicken Nuggets w/ Roll, Steamed Broccoli, Mashed Potatoes, Fresh Apple

### Thursday, May 8

WG Muffin w/ Yogurt, Breakfast Pizza, 1.Chicken & Waffles 2.PBJ/Wow Sandwich w/ Chips, Sweet Potato Fries, Celery Sticks, Frozen Juice Cup

### Friday, May 9

Chicken Biscuit, Frosted Breakfast Pastry, 1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

## LINQ Connect

Online School Meal Payment Portal: [linqconnect.com](https://linqconnect.com)

# SCHOOL LUNCH HERO DAY™



**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT or VEGGIE**  
and at least **THREE**  
items total so your meal  
counts as a complete lunch!

# Queen for a Day!

Mother's Day  
Sunday, May 11



## Featured Specials of the Day

**Monday, May 12**

*Sausage Biscuit, Chicken Biscuit,*

1. BBQ Sandwich, 2. Chicken Strips w/ Mac & Cheese,  
Whole Kernel Corn, Baked Beans (1/2 cup),  
Fresh Strawberries

**Tuesday, May 13**

WG Muffin w/ Yogurt, Cheese Grits w/ Toast, Breakfast  
Bun, 1. Cheeseburger, 2. Deli Turkey Sandwich,  
3. Garden Salad w/ Chicken, Seasoned Fries,  
Lettuce & Tomatoes, Sliced Peaches

**Wednesday, May 14**

*Sausage Biscuit, Breakfast Frudel,* 1. Chicken  
Drumstick w/ Roll 2. PBJ/Wow Sandwich w/ Chips  
3. Popcorn Chicken w/ Roll, Steamed Broccoli, Mashed  
Potatoes, Fresh Apple

**Thursday, May 15**

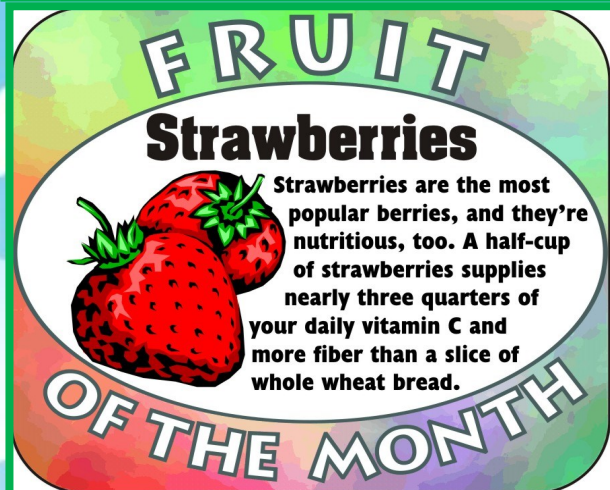
WG Muffin w/ Yogurt, Blueberry Pancake Stick,  
1. Beefy Nachos w/ Salsa 2. PBJ/Wow Sandwich w/  
Chips, Black Beans, Carrot Sticks w/ Ranch,  
Frozen Juice Cup

**Friday, May 16**

*Chicken Biscuit, Frosted Breakfast Pastry,*  
1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich w/ Chips,  
3. Hot Dog, Whole Kernel Corn, Garden Salad w/  
Ranch, 100% Fruit Juice

\*See front page for daily available options

## LOCAL HARVEST OF THE MONTH



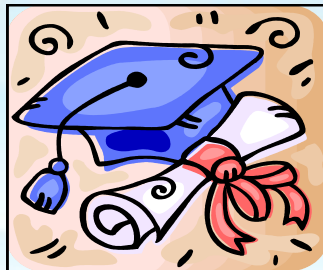
## GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods

**100% NATURAL**  
(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Congratulations and best of luck to all members of the Class of 2025.



We'll look forward to seeing (and serving) the rest of you again next fall.

Thanks for your business this year!

## Featured Specials of the Day

**Monday, May 19**

\*Manager's Choice  
Breakfast & Lunch Options

**Tuesday, May 20**

\*Manager's Choice  
Breakfast & Lunch Options

**Wednesday, May 21**

\*Manager's Choice  
Breakfast & Lunch Options

**Thursday, May 22**

\*Manager's Choice  
Breakfast & Lunch Options

**Friday, May 23**

\*Manager's Choice  
Breakfast & Lunch Options

\*Contact your school's nutrition manager for the manager's choice options for the day

**OR**

\*View menus on [lingconnect.com](http://lingconnect.com):

1. Click "school services" in right hand corner, select "school menus" in drop down menu
2. Search for District, "Henry County Schools (McDonough, Georgia)" Click continue
3. The menus will pop up for a school. You can change the school by clicking the down arrow in the "school" box on right hand side of screen.
4. If you want to see the nutrients in an item, click on item & the nutrition information will pop up.